

# Summerville Estates

GRACIOUS RETIREMENT LIVING

704 Central Avenue • Summerville, SC 29483 • Phone (843) 873-3337 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## MAY 2020 SUMMERVILLE ESTATES STAFF

Managers..... SCOTT & DEBBIE DRISCOLL  
Assistant Managers.. CHRIS & SALLY BLANCHARD  
Executive Chef ..... JIM BAGHDADY  
Community Sales ..... JOSHUA KUCKUCK  
Activity Coordinator ..... DONNA GARDNER  
Maintenance ..... BILLY BOYD  
Bus Driver ..... MARTY SCHECHNER

## TRANSPORTATION

**Monday & Wednesday,**  
**9:30-11:30 a.m. and 2-4 p.m.:**  
Shopping

**Tuesday & Thursday, 9 a.m.-2 p.m.:**  
Professional Appointments

## YOUTUBE.COM

**For slideshows and videos visit:**  
[www.youtube.com/SummervilleEstates](http://www.youtube.com/SummervilleEstates)

**HAWTHORN**  
SENIOR LIVING

## Resident Spotlight

Ms. Evelyn Christopher is Summerville Estates's Resident Spotlight this month and also one of our new residents. Ms. Evelyn was born in Waycross, Georgia and she went to Wareboro High



Ms. Evelyn

School. She was married and had a son and daughter. She also has one grandson and three granddaughters, three great-grandsons and three great-granddaughters. Reading is her entertainment, green is her favorite color, and she likes seafood. Two things she would like to do is go on a cruise and take a trip to England. She has traveled to Puerto Rico, Scotland, and many states. She goes to Bible Study every Wednesday and is a member of the Summerville Presbyterian Church.

Next time you see her around, welcome her to her new home and sit and chat awhile.

## Things To Look Forward To

- Trip to the Riverbank Zoo
- Charter Fishing Trip
- Azalea Festival, September 4th
- Coming Out Party



## Adjustments

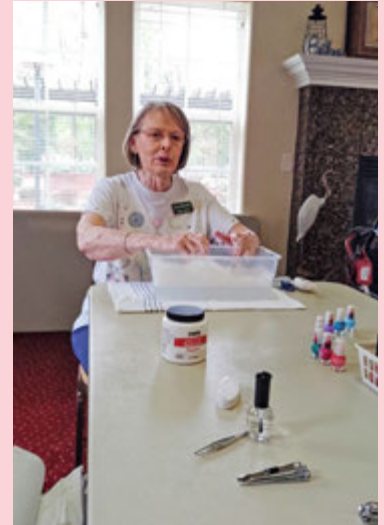
Here at Summerville Estates everyone has had to make changes and adjustments as all of our locations have. We went to disposable bingo and chair bingo cards. Also we have started playing Horse Racing outside and pulled out all the games to keep everyone busy.



*Ms. Bev Burson  
enjoying the sun*



*Residents doing what  
they like most: BINGO!*



*Ms. Willie getting a  
mini-manicure*

I have been doing Mini-Manicures for the ladies. They want to know if I do hair, LOL.

Some have been sun bathing and reading outside, we had a doughnut eating contest, and we still had Singalong thanks to Mr. Rod and his lovely wife Ms. Betty, but we have had to distance everyone. We take pride in keeping everyone safe and well. Our staff has gone above and beyond to have a good time still doing what we like to do.

And through all of this, we have welcomed a new set of Managers, Scott and Debbie Driscoll. What a blessing they are. The residents and staff have nothing but good to say about them. Scott, Debbie, Chris, and Sally will make a great team.

## Joke for the Month

A sweet grandmother telephoned Mount Sinai Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?"

The operator said, "I'll be glad to help, Dear. What's the name and room number?"

The grandmother in her weak, tremulous voice said, "Holly Finkel, room 302."

The operator replied, "Let me check. Oh, good news. Her record says that Holly is doing very well. Her blood pressure is fine, her blood work just came back as normal and her physician, Dr. Cohen, has scheduled her to be discharged Tuesday."

The grandmother said, "Thank you. That's wonderful! I was so worried! God bless you for the good news."

The operator replied, "You're more than welcome. Is Holly your daughter?"

The grandmother said, "No, I'm Holly Finkel in 302. No one tells me squat."





## A Poem for Mother's Day

### Her Hands

Her hands held me gently from  
the day I took my first breath.  
Her hands helped to guide me as  
I took my first step.  
Her hands held me close when  
the tears would start to fall.  
Her hands were quick to show me  
that she would take care of it all.  
Her hands were there to brush  
my hair, or straighten a  
wayward bow.  
Her hands were often there to  
comfort the hurts that didn't  
always show.  
Her hands helped hold the stars  
in place, and encouraged me  
to reach.  
Her hands would clap and cheer  
and praise when I captured  
them at length.

Her hands would also push  
me, though not down or in  
harm's way.  
Her hands would punctuate  
the words, just do what I say.  
Her hands sometimes had to  
discipline, to help bend this  
young tree.  
Her hands would shape and  
mold me into all she knew I  
could be.  
Her hands are now twisting  
with age and years of work,  
Her hand now needs my gentle  
touch to rub away the hurt.  
Her hands are more beautiful  
than anything can be.  
Her hands are the reason I  
am me.



## Honoring Women in the Military

Nearly 3 million women have served in and with the U.S. military. The Women in Military Service for America Memorial honors the contributions of servicewomen past, present and future.

Dedicated in 1997, the memorial is located at the entrance to Arlington National Cemetery, outside the nation's capital. The 30,000-square-foot monument and museum is devoted to telling the stories of women who have helped defend the nation since the American Revolution.

Photos, uniforms and other artifacts are exhibited, documenting the many jobs women have held for the country's defense, from nurse to fighter pilot. A hall of honor recognizes those who gave the ultimate sacrifice, were held prisoners of war, or received awards for service and valor.

The heart of the memorial is an interactive, computerized register that has the goal of including every woman who has served. Currently, the database has the names, photos and histories of about 270,000 women, and visitors can look up their grandmother, mother or friend. Female veterans or family and friends of women veterans are encouraged to register at the memorial's website, [WomensMemorial.org](http://WomensMemorial.org).

The memorial also honors women who have served in organizations that support the U.S. armed forces, including the Red Cross, USO and U.S. Public Health Service Cadet Nurse Corps.

## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

R	O	D	D	R	O	D	U	N	K
C	O	N	W	O	N	N	I	L	A
S	P	A	R	R	G	I	S	O	K
O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
Q	U	A	P	E	T	M	A	C	T

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

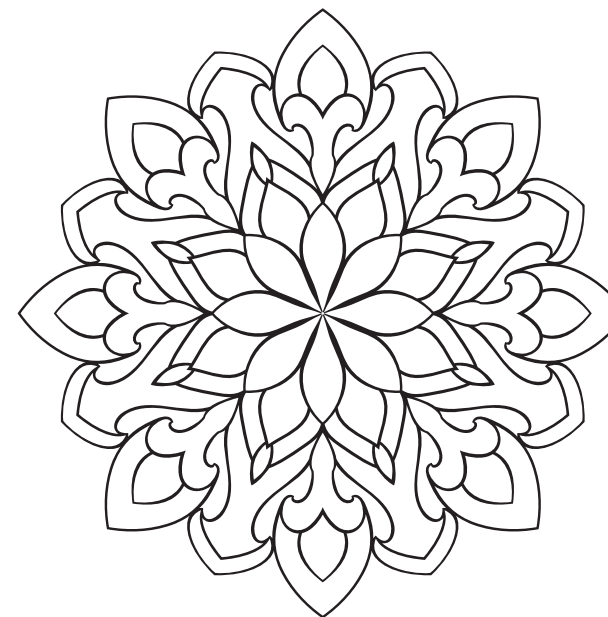


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

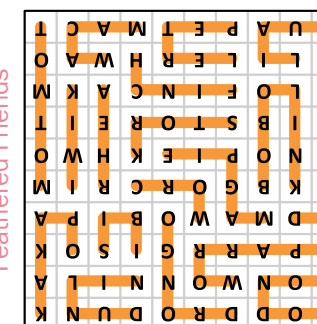
## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## St. Patty's Day Celebration



*Mr. Rod showing his green for the day*



## The Anniversary of V-E Day

On May 7, 1945, Germany surrendered to the Allies, ending World War II in Europe. The following day, May 8th, was declared Victory in Europe Day, and this year marks the 75th anniversary of the momentous occasion.

After six years of conflict, unconditional surrender documents were signed in Reims, France, at the headquarters of U.S. Army General Dwight D. Eisenhower, the commander of the Allied forces in Europe. As news of Germany's formal surrender spread, celebrations broke out in cities around the world. Massive crowds gathered in the streets for parties, parades, dancing and singing.

V-E Day also fell on the birthday of U.S. President Harry S. Truman, who had taken office only a few weeks earlier, after the death of President Franklin D. Roosevelt. In a statement, Truman dedicated the day to Roosevelt, who had led the country through most of the war.

Truman also reminded Americans that despite the victory, "much remains to be done," since the war with Japan continued. It would be another three months, in August 1945, before the battle in the Pacific theater would end.

## Life Is So Short

We spend so much time sweating the small stuff, worrying, complaining, gossiping, comparing, wishing, wanting and waiting for something bigger and better instead of focusing on all the simple blessings that surround us every day.

Life is too fragile and all it takes is a simple moment to change everything you take for granted. Focus on what's important and be grateful.

You are blessed! Believe it! Live your life and leave no regrets.







## New Adventures for Summerville Estates

To give a little background on how the fish came to be at Summerville Estates ponds behind the garage. I have a membership at a private fishing club in town and have brought some fish to put them in the ponds out back.

Our new Managers Scott and Debbie love to fish and just had to throw a lure in the water. Well, he caught a 3-1/2 pound bass. So,

guess what is next — take the residents out to try their luck. This is such a great thing at this time of social distancing. We are going to put some benches out so residents can enjoy even more of the outdoors and if they want to wet a line, they can.

It's so nice to see the residents do something that they used to and listen to the stories they have to tell about when they used to go fishing. Stay tuned ... I'm sure we will have more stories from the Summerville Estates fishing bank.



*Mr. Victor with his catch*



*Ms. Marianne trying her luck*



*Ms. Doris has not been fishing for 25 years.*

## Important Numbers

### **Carolina Eye Service**

(843) 224-1484

### **Central Vet**

(843) 851-2112

### **Flowertown Podiatry**

(843) 376-5348

### **Fox Rehab**

(843) 749-3688

### **HouseCalls M.D.** (843) 501-2031

### **Vistelan**

### **Healthcare**

(843) 771-0292

### **Liberty Doctors**

John Forney, M.D.

843-471-2273

### **Classic Hair Salon**

(843) 934-8019

## May Birthdays

Wanda Kesterson, 7th

Joy Hill, 14th

Michael Murray, 24th

Donna G., 26th (Employee)

Janie Thacker, 30th



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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

*Summerville Estates*  
GRACIOUS RETIREMENT LIVING

**843-873-3337**

